

## AMENDMENTS TO THE CLAIMS

1. – 5. (Canceled)

6. (Currently Amended) A process for assisting a person ~~in adhering to a healthy diet~~, comprising the steps of:

a. obtaining at least one two-sided alerting label, having a temporary adhesive on a lower side and having an alerting symbol on an upper side,

b. placing said alerting label on top of the dominant hand of the person to assist the person in adhering to a healthy diet.

7. (Canceled)

8. (Currently Amended) A process for assisting a person ~~in adhering to a healthy diet~~, comprising the step of:

a. applying a temporary tattoo having an alerting symbol on top of the dominant hand of the person to assist the person in adhering to a healthy diet.

9. – 16. (Cancelled)

17. (Previously Presented) A process according to claim 6, further comprising:

c. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,

d. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.

18. (Previously Presented) A process according to claim 6, further comprising:

- c. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- d. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

19. (Previously Presented) A process according to claim 6, further comprising:

- c. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
- d. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.

20. (Previously Presented) A process according to claim 17, further comprising:

- e. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

21. (Previously Presented) A process according to claim 19, further comprising:

- e. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

22. (Previously Presented) A process according to claim 20, further comprising:

- g. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
- h. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.

23. (Previously Presented) A process according to claim 8, further comprising:
- b. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,
  - c. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.
24. (Previously Presented) A process according to claim 8, further comprising:
- b. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
  - c. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
25. (Previously Presented) A process according to claim 8, further comprising:
- b. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
  - c. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.
26. (Previously Presented) A process according to claim 23, further comprising:
- d. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
  - e. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
27. (Previously Presented) A process according to claim 25, further comprising:

- d. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
- e. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

28. (Previously Presented) A process according to claim 26, further comprising:

- f. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
- g. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.

29. (Previously Presented) A process according to claim 6, further comprising:

- c. serving food to the person in a partitioned bowl, each partitioned segment of the bowl bearing a symbol identifying a particular food group, each segment of a size appropriate to contain a desirable amount of the food group identified by the symbol applicable to that segment.

30. (Previously Presented) A process according to claim 8, further comprising:

- b. serving food to the person in a partitioned bowl, each partitioned segment of the bowl bearing a symbol identifying a particular food group, each segment of a size appropriate to contain a desirable amount of the food group identified by the symbol applicable to that segment.

31. (Previously Presented) A process according to claim 6, further comprising:

- c. providing a chart with printed instructions regarding the healthy diet,
- d. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.

32. (Previously Presented) A process according to claim 8, further comprising:

- b. providing a chart with printed instructions regarding the healthy diet,

- c. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.

33. (Previously Presented) A process according to claim 29, further comprising:

- d. providing a chart with printed instructions regarding the healthy diet,
- e. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.

34. (Previously Presented) A process according to claim 30, further comprising:

- c. providing a chart with printed instructions regarding the healthy diet,
- d. affixing a symbol substantially similar to said alerting label to said chart to identify foods not conducive to the healthy diet.

35. (Previously Presented) A process according to claim 33, further comprising:

- f. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,
- g. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.

36. (Previously Presented) A process according to claim 34, further comprising:

- e. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,
- f. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.